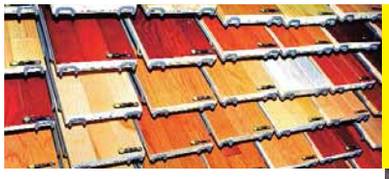

THE TO-DO'S AND NOT-TO-DO'S OF HARDWOOD FLOORING
HOME {page 22}

MUMBAI ATTACKS
THREE SEPARATE EXPLOSIONS ROCK CITY {page 12}

SECOND POLICE DOG DIES; RCMP 'DEVASTATED'
{page 3}

VANCOUVER metro®
Thursday, July 14, 2011
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News worth sharing.

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Cop sold pot to stave off boredom, court hears

Psychologist tells sentencing hearing former cop shows narcissistic tendencies

A psychologist told Provincial Court Judge Gregory Rideout yesterday that Peter Hodson, the former Vancouver police officer who trafficked marijuana while on the job, was bored at work and sought excitement.

Dr. Michael Elterman said Hodson, 32, displays narcissistic tendencies and a need for excitement, but stopped short of saying that they were the motivation for his crimes.

The comments were made during a sentencing hearing yesterday. Hodson pleaded guilty to one count of drug trafficking and two counts of breach of trust on Nov. 30.

The charges had emerged as a result of a 2010 sting operation that had caught Hodson trading cannabis for money with a homeless crack addict that he had recruited to work for him in the drug trade in 2009.

▶ Peter Hodson

In cross-examination, Elterman admitted that it was possible that his report on Hodson could be inaccurate if he had lied during interviews in order to avoid a long prison sentence. DAVID PROCTOR

Fraud. Ring

▶ Det. Rick Stewart of Vancouver police's financial crime unit at VPD headquarters on Cambie Street yesterday. Vancouver police thwarted a scammer involved in an international fraud ring that was targeting seniors worldwide.

PHYLICIA TORREVILLAS/METRO

Scammer who victimized elderly jailed

The con involved sending mass mailouts luring seniors to send money in order to claim a fake lottery jackpot. The suspect received a six-month sentence. Police hope to return the money to those who fell for the scam. Story, page 4.

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Autopsy next step of investigation into body

An autopsy is expected to take place today as police in West Vancouver continue their investigation into human remains found Tuesday at Cypress Mountain.

The man's body was discovered shortly before 5:30 p.m. on Tuesday by trail maintenance volunteers. The death is considered suspicious, and homicide investigators from Vancouver have been brought in. METRO

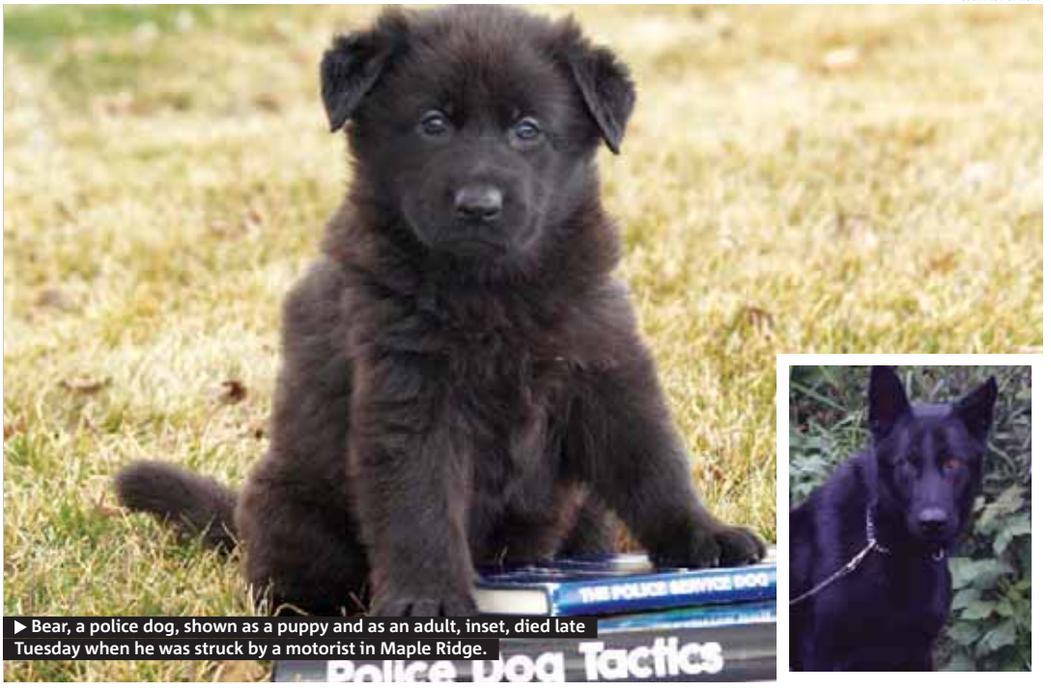
COURTESY OF /B.C. HYDRO

▶ BC Hydro crews

BC Hydro ramps up monitoring

Work continued yesterday to stabilize a BC Hydro 500-kilovolt transmission tower in the high-running Fraser River. Loose rocks and boulders were placed to stabilize the de-energized tower. The power company also decided not to salvage the 230-kilovolt tower that crashed into the river near Surrey on July 4, opting instead to cover it with riprap to help stabilize the river bank. The utility said the tower would be removed at a later date. PHYLICIA TORREVILLAS

COURTESY OF RCMP



▶ Bear, a police dog, shown as a puppy and as an adult, inset, died late Tuesday when he was struck by a motorist in Maple Ridge.

Second police dog dies on same day as first

Animal struck on Lougheed Highway in Maple Ridge ◐ Head of RCMP dog services calls the loss of two canines in 24 hours 'devastating'

JEFF HODSON
@METRONEWS.CA

A second Lower Mainland police dog died late Tuesday when it was struck by a car while chasing a suspect along a highway in Maple Ridge.

Bear, a two-year-old police dog, was tracking a youth who was believed to have been involved in a Maple Ridge home invasion when he was struck by a westbound vehicle on Lougheed Highway. He was killed instantly.

"The handler is quite distraught," RCMP Cpl. Alanna Dunlop said in a press release yesterday. "We have lost one of our own and we owe this dedicated police dog our deepest respect and gratitude."

The dog's death was the second for the RCMP on Tuesday as 22 hours earlier a two-year-old dog named Bo was killed in Richmond when the cruiser he was in collided with another vehicle and crashed into a power pole.

"Losing two members of our team in two days in devastating," said Staff Sgt. Ron Field, head of police dog services for Lower Mainland RCMP. "It's not something we can prepare for. Our handlers are all feeling the loss, and our thoughts are with the two officers who have lost their partners."

Police were called to what they believe was a drug-related home invasion in the 22000 block of Lougheed Highway around 11:40 p.m. Tuesday. Three males had forced their way into a residence, but ran off as police arrived.

Bear, whose full name was Barry, was tracking one of the young men with his handler when he was struck. An officer ran after the youth on foot and caught him a short time later.

A 17-year-old is in police custody. Two other suspects are still at large.

Pimm returning to Liberals

A politician arrested in connection with a domestic incident involving his wife has been welcomed back into the governing Liberal caucus after a special prosecutor decided against laying charges.

Pat Pimm, MLA for Peace River North, was arrested June 26 in Fort St. John. He spent the night in jail before being released.

Pimm immediately resigned from the Liberal caucus and as parliamentary secretary to the minister of energy and mines.

Yesterday, special prosecutor Mark Jette said he wasn't recommending charges because there was not a substantial likelihood of conviction.

Gordon Hogg, chairman of the Liberal caucus, said his colleagues voted to welcome Pimm back into the party fold.

METRO FILE

▶ Pat Pimm

THE CANADIAN PRESS

News in brief

Poetic birthday celebration

Vancouver's poet laureate, Brad Cran, announced yesterday a four-day literary event at SFU Woodward's from Oct. 19 to 22 as part of the city's 125th birthday It will include keynote poets such as Friffin Prize-winner Don McKay, and American poet Fanny Howe.

METRO

Taking fear to new heights

Playland announced yesterday that its eagerly anticipated new ride, the Atmosfear, will open Saturday at 10 a.m. The ride shoots people 218 feet in the air and whirls them around for two gravity-defying minutes.

METRO

1 news

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Analyst says battered BlackBerry maker RIM needs to impress with new products. Video at metronews.ca

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News in brief

Fallen ballplayer to be honoured

FAST-PITCH. A moment of silence will be held during the Scotiabank Canadian Open fast-pitch tournament tonight to honour the life of accomplished softball player Kassandra Kaulius.

The 22-year-old was struck and killed by an alleged drunk driver as she was returning home from a softball game in Cloverdale May 3. Volunteers at the international tournament will also be taking donations to set up a scholarship in Kaulius' honour.

METRO

Fire destroys Chase museum

BLAZE. The Interior community of Chase is receiving some help after its museum was destroyed by fire.

The Chase Museum was badly damaged by fire overnight, in the second blaze to hit the building in the past week.

Patti Kilback of the Kelowna Museum says her facility will be in contact with museum staff in Chase, offering to help conserve exhibits.

THE CANADIAN PRESS

Highway body no longer deemed suspicious

PENTICTON. The discovery of a body along Highway 97 in Penticton is no longer considered suspicious.

RCMP were called last Thursday after a driver spotted a body in a ditch along the highway, and at the time investigators said they were treating the death as suspicious.

THE CANADIAN PRESS

Scammer gets 6 months

Police seized about $20,000 in cash and cheques from bags of mail found on passenger seat ● Fraud ring lured seniors around the world

PHYLICIA TORREVILLAS
@METRONEWS.CA

PHYLICIA TORREVILLAS/METRO

▶ Vancouver Police financial crime unit detective Rick Stewart yesterday with mail recovered from a marketing fraud case.

A Florida-based scammer who last month was busted in Vancouver in connection to a massive fraud ring that preyed on the elderly will serve jail time.

Colombian national Juan Hernandez, 28, was charged with one count of fraud over $5,000. He has pleaded guilty and has been given a six-month sentence.

Hernandez was pulled over by two patrol officers on June 11 as he made a wrong turn driving through Vancouver in a rental vehicle.

Police suspected he was stealing mail because they spotted bags of letters on the passenger seat. But further investigation found Hernandez was a part of an international mass mail-out scam targeting seniors in Europe, Australia and New Zealand, says Det. Rick Stewart of the VPD's financial crime section.

More than 5,000 seniors have been victimized, Stewart added, where they were asked to send about $30 each after getting letters claiming they had won the lottery.

"Once an elderly person answers one of these letters, they end up on every hit list going around in the world," Stewart said. "They're not victimized once (but) several times."

Investigators found four Canada Post mailboxes in Vancouver that were used by the fraudsters to receive payments from around the world, Stewart added. Hernandez arrived in the city on May 26 as a tourist to collect the mail.

"(We are planning to) visit the consulate of each one of these nations involved, give them a list of their victims, and give them the cash to return to them," he said. "By doing so, maybe we could bring more attention to this in a global nature."

He also issued a warning to seniors and everyone else who gets suspicious mail that claims they won the lottery.

"You can't win a prize in a draw you don't enter," he said. "If someone sends you a piece of mail that you've won a prize and you didn't enter, it's a scam."

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Flood warning lifted

The danger of flooding around Prince George and northeastern B.C. subsided somewhat yesterday, as flood warnings were lifted for the upper Fraser River and Southeast Peace regions.

Water levels peaked in Prince George at 9.79 metres on Monday, two metres above the level set Saturday evening when the flood warning was issued. THE CANADIAN PRESS

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TERRIS SCHNEIDER/FOR METRO

▶ Keith Knight, right, plays power soccer in Kitsilano last week.

More power to him ...

Kwantlen student will represent Canada in top power soccer event

TERRIS SCHNEIDER
VANCOUVER@METRONEWS.CA

Keith Knight and his pals plan to give the USA Team a run for their money when they take them on in November's Powerchair Football World Cup in Paris.

"We usually get destroyed by them, so it would be nice to beat them at the national level," said Knight, a 24-year-old Kwantlen student who earned a spot with 12 other B.C. athletes on Canada's first national powerchair football team.

Powerchair football, or power soccer is a fast-paced, competitive sport for people who use electric wheelchairs. Most Team Canada players have muscular dystrophy.

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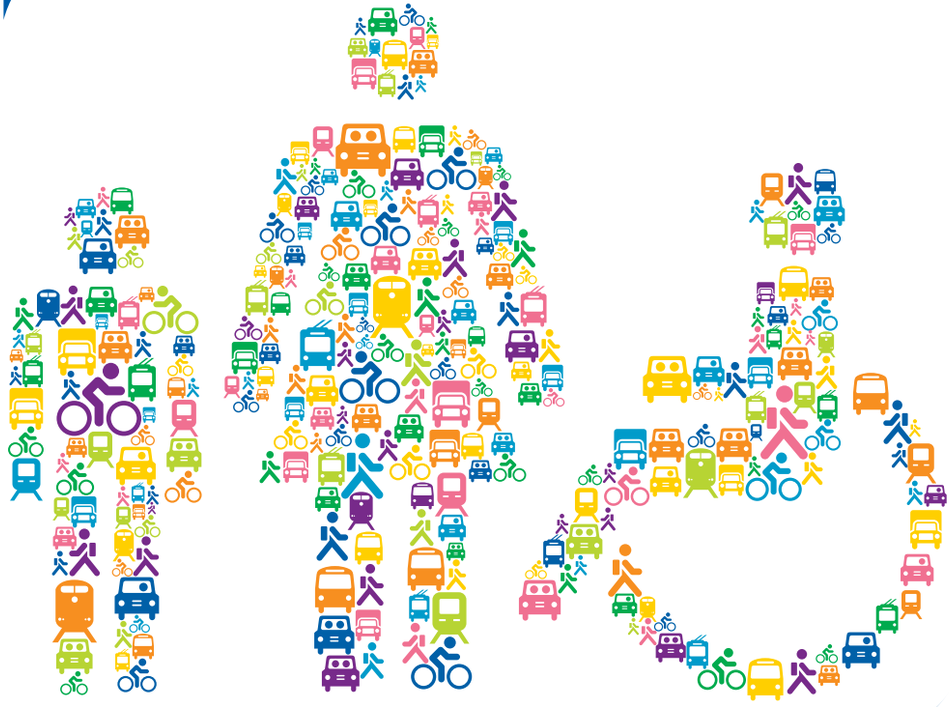


An effective transportation network is vital to Metro Vancouver. It protects our quality of life, our environment and our local economy. We want to tell you more about the transportation improvements, which include the Evergreen Line, that were first proposed in the fall of 2010. More importantly, we want your input on the funding sources that would support these enhancements, which could be made throughout the region over the next few years.

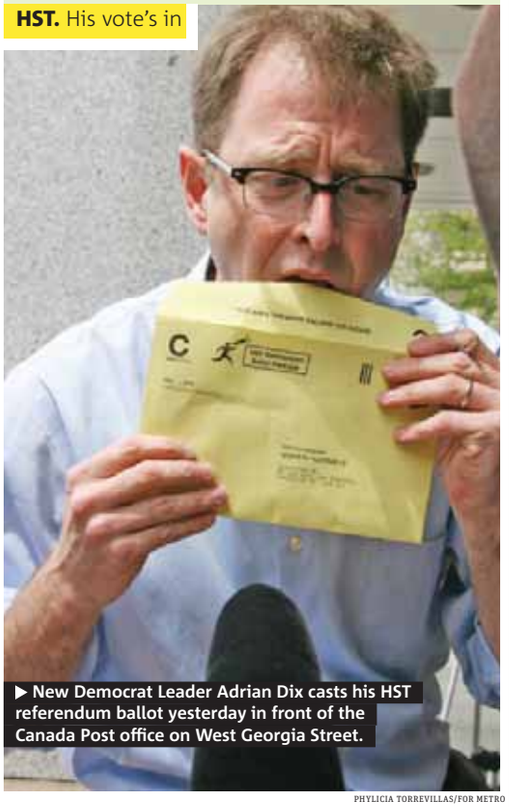
Please join us online or by phone for an interactive webinar on Tuesday, July 19, 2011 at 7 p.m. when we'll walk through the opportunities we have to improve our region's transportation network now, and well into the future.

For more information, visit **bepartoftheplan.ca**.

Be part of the Plan

TRANSLINK

HST. His vote's in



▶ New Democrat Leader Adrian Dix casts his HST referendum ballot yesterday in front of the Canada Post office on West Georgia Street.

PHYLICIA TORREVILLAS/FOR METRO

Dix gets his licks in

British Columbians have until July 22 to register and request HST-referendum ballot packages. Voting ends on Aug. 5. Results are expected by the end of August or early December. The opposition leader also called out Premier Christy Clark on her gas tax "flip flop." Dix said she attacked her own government's proposal on a gas tax hike, but now supports increasing taxes by two cents to help fund the Evergreen Line. "She seems to have no commitment to any proposal at all," he said.

Team fails to revive inmate in his cell

RCMP and the Coroners Service are investigating the death of a 44-year-old inmate who died at Kent Institution in Agassiz.

Darryl Cole was found in his cell. Officials say paramedics and guards were unable to revive him.

Assistant warden Gord Mattson says Cole began serving a 13-year, six-month sentence for manslaughter last November. Foul play isn't suspected.

THE CANADIAN PRESS

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Boyfriend killer sent back to jail

Father says he shot daughter's boyfriend to save her from drugs Sentence brings some closure to 2 families

A Saskatchewan father who said he shot his daughter's boyfriend to save her from drugs is going back to jail.

Kim Walker, 54, was sentenced yesterday to eight years in prison after a jury found him guilty of manslaughter in the 2003 death of James Hayward.

Justice Ellen Gunn in Yorkton deducted six and a half years for the more than three years Walker has already spent in jail. He'll serve another 18 months.

Court heard during the trial in May that Walker shot Hayward five times — and then leaned down and drew a bloody cross on the dying man's forehead.

KARL KOPAN/THE CANADIAN PRESS

▶ Kim Walker

Jadah Walker was 16 when she moved into Hayward's home in Yorkton. He was 24.

Court heard that Walker feared for his daughter's life as well as his own.

He testified that Jadah was doing drugs after moving in with Hayward. He had tried to get police and school counsellors to help, but no one did.

At one point, Walker petitioned to have his daughter held for 72 hours in a psychiatric ward. By then her weight had dropped to about 95 pounds from 135.

She went back to Hayward's house shortly after she was released — the day of the shooting.

Jadah Walker testified that Hayward was a "bad influence" on her life — he sold drugs and injected her with morphine.

Jadah said her father came to Hayward's house on the day of the shooting and pleaded with her to come home.

THE CANADIAN PRESS

Brazil. Plane crashes

▶ Workers inspect the burned-out shell of a crashed plane in Recife, Brazil, yesterday.

OTAVIO DE SOUZA/THE ASSOCIATED PRESS

Sixteen die in fiery plane crash

A woman passenger pleaded for help by gesturing through a window at onlookers after a small airliner crash-landed in Brazil yesterday. But the aircraft burst into flames before help could arrive. All 16 people on board were killed. The twin-turboprop aircraft reported problems after taking off from Recife.

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Afghan president mourns brother

A heartbroken Hamid Karzai stood weeping in his murdered half brother's open grave yesterday as one of southern Afghanistan's mightiest power brokers, felled by the point-blank bullets of a confidante-turned-assassin, was laid to rest.

"My message to the Taliban, my brothers, is that they should stop killing their own people," president Karzai told the gathered mourners.

Beyond the confines of the sprawling government guest house where the Afghan president was grieving, however, few were shedding a tear for Ahmed Wali Karzai.

The streets of the provincial capital were empty and most shops closed in anticipation of a bloody backlash — a testament to the power Karzai, a political kingpin, wielded during the time he was alive.

THE ASSOCIATED PRESS

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▶ Hamid Karzai.

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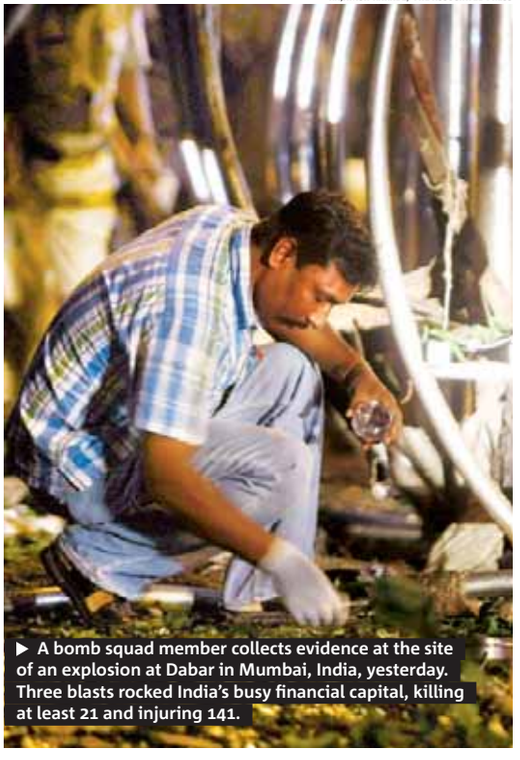
Mumbai rocked by explosions

Three blasts, minutes apart, kill more than 20 people Worst India terror attack since 2008 siege

RAJANISH KAKADE/ THE ASSOCIATED PRESS



▶ A bomb squad member collects evidence at the site of an explosion at Dabar in Mumbai, India, yesterday. Three blasts rocked India's busy financial capital, killing at least 21 and injuring 141.

Three co-ordinated bombings tore through the heart of India's busy financial capital during rush hour yesterday, killing 21 people and wounding 141.

Bloody bodies were strewn in the dirt of Mumbai's crowded neighbourhoods. Doors were ripped off storefronts and motorcycles were charred.

After the blasts in three separate neighbourhoods, police set up checkpoints and were put on high alert.

The bombings came just months after peace talks resumed between India and Pakistan, which New Delhi has blamed for past attacks.

Prime Minister Manmohan Singh condemned the blasts and appealed to the people of Mumbai "to remain calm and show a united face."

There was no immediate claim of responsibility, and Indian officials refused to speculate on who might be behind the blasts.

Indian officials have accused Pakistan's powerful spy agency of helping coordinate and fund earlier attacks, including the 2008 Mumbai siege, which killed 166 people over three days.

Peace talks between the countries were suspended after the siege and resumed only recently.

Pakistan's government expressed distress about the loss of lives and injuries soon after yesterday's blasts were reported.

U.S. President Barack Obama also condemned the "outrageous attacks."

THE ASSOCIATED PRESS

‘No toking’ signs likely a no-go

Amsterdam’s pot-discouraging signage set to become more of a collector’s item after legal setback

PETER DEJONG/THE ASSOCIATED PRESS

▶ A “no toking” sign in Amsterdam.

After an only-in-the-Netherlands legal reverse, the city of Amsterdam said yesterday it will likely have to stub out the “no toking” signs it introduced in a crackdown on marijuana-smoking youth.

The Dutch government’s top legal adviser ruled that the city had no right to establish official zones where smoking weed is banned, since it’s already theoretically illegal in the Netherlands.

In practice, possession of small amounts of the drug is allowed, and it is sold openly in designated shops.

When the policy was introduced in 2007, the city put up signs to declare the “no toking” zones. The signs portrayed a cone-shaped cigarette being rolled, with little marijuana leaves in the background — inside a bold red circle. They were stolen so often as collectors’ items the city opened its own merchandise line and began offering them itself for $125 apiece.

City spokeswoman Iris Reshef acknowledged yesterday’s ruling likely means the signs must go, but she noted it specified the city can still issue fines to young smokers who cause problems.

“The measures we have taken can remain in place,” Reshef said. “Just the signs cannot be there.”

Amsterdam has long had an image as a freewheeling haven for pot smokers because of its numerous “coffee shops” where marijuana is sold and smoked by locals and tourists alike.

THE ASSOCIATED PRESS

Drugs. Art

▶ Iranian Safi Zadeh Hossein, 28, covers his face as a customs official displays two pieces of methaphetamine, foreground and right, that came disguised as works of art during a news conference at a customs office in Bangkok, Thailand yesterday.

APICHART WEERAWONG/THE ASSOCIATED PRESS

Nowhere to hide

Iranian Safi Zadeh Hossein was arrested on Tuesday upon his arrival at Suvarnabhumi international airport when custom officials found 15.3 kilograms of methamphetamine in his possession.

Accused man allowed to view child porn in jail

A legal loophole is allowing a Washington state man accused of child sex crimes to view child pornography in jail.

Weldon Marc Gilbert is acting as his own lawyer in the case, and that means he’s entitled to review the evidence.

The evidence in the case includes more than 100 videos seized from Gilbert’s Lake Tapps home after his 2007 arrest. Authorities say some of the footage was shot by Gilbert.

“Make no mistake — I don’t like it,” Pierce County Sheriff Paul Pastor told KOMO-TV. “But it is not my choice whether to do it or not to do it. There’s no question that I don’t like it. There’s no question that this makes me grind my teeth.” THE ASSOCIATED PRESS

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Google faces off

Social data could help Plus rise to the top: Analysts

Google didn't build its new Plus service simply to have an online hangout like Facebook. Rather, Google's new social-networking endeavour is trying to gain valuable insights into people's lives and relationships. This could help the company do a better job of targeting ads so that advertisers would pay more and have less reason to spend on Facebook.

If it succeeds, Plus represents Google's best shot yet at muscling into a market that has threatened to topple the Internet search and advertising leader, as Facebook leads the way in making the online world social.

Plus is reminiscent of Facebook — with a Google touch. It lets people share photos and status messages, chat with friends and follow news updates. A feature called circles allows users to organize people they interact with into groups, such as family, close friends or fishing buddies. Users can choose what they share.

Google Plus is still in a restricted, test phase. Only time will tell if it takes off. Response has been positive. But that's no guarantee for success.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 90.86 (13,324.94)	+ 0.70¢ (104.2¢ US)
Oil	**Natural gas** 1,000 cu ft $4.32 US (+ 1.1¢)
+ $0.62 ($98.05 US)	**Gold contract** $1,585.50 (+ $23.20)

Pulling. Strings

▶ A demonstrator from Avaaz, a global campaigning group, wearing a Rupert Murdoch head and holding a puppet of Britain's Prime Minister David Cameron in front of the U.K. Parliament in London yesterday.

SANG TAN/THE ASSOCIATED PRESS

Media mogul backs down on bid

In a stunning retreat, Rupert Murdoch's News Corp. dropped its bid yesterday to take full control of British Sky Broadcasting during what the prime minister called a political and media "firestorm" over phone hacking at one of the media baron's U.K. newspapers. Murdoch stepped back from making potentially his biggest, most lucrative acquisition, accepting that he couldn't win British government approval of the takeover since major political parties are against it.

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Shanghai Air + 7 Nights from $944 + taxes & fees $391
INCLUDES accom near sights and attractions. UPGRADE to 4-star from $29 per night.

Costa Rica Starter Package Air + 2 Nights + Car from $1044 + taxes & fees $418
INCLUDES 2 nights San Jose accom and 6-day car rental with 4-wheel drive & unlimited mileage.

Bali Air + 8 Nights from $1299 + taxes & fees $383
INCLUDES resort-style accom near the beach on the Tanjung Benoa peninsula. ADD airport transfers from $28.

Barcelona Air + 7 Nights from $1499 + taxes & fees $405
INCLUDES accom near sights and attractions.

Indochina Air + 2 Nights + 9-Day Tour from $1569 + taxes & fees $283
INCLUDES 2 nights Bangkok accom. HIGHLIGHTS Angkor Wat, French colonial Phnom Penh, the beaches of Sihanoukville, the Mekong Delta and Ho Chi Minh City.

USA

Anaheim Family Special Air + 4 Nights from $249◊ + taxes & fees $114
INCLUDES accom near theme parks. Price per person based on family of 4.

Las Vegas Air + 4 Nights from $249 + taxes & fees $102
INCLUDES accom on the Strip. UPGRADE to 4-star accom from $5 per night.

Phoenix Air + 3 Nights from $529 + taxes & fees $116
INCLUDES accom in the Phoenix North mountains.

Honolulu Air + 7 Nights from $619 + taxes & fees $138
INCLUDES central Waikiki accom. ADD Paradise Cove Luau from $92.

New York City Air + 3 Nights from $724 + taxes & fees $161
INCLUDES Upper West Side accom. ADD theatre tickets to *Chicago*, *Billy Elliott*, *Mary Poppins*, or *Memphis* from $143.

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FIRST PLACE IN THE RACE TO MEDIOCRITY

HE SAYS ...

JOHN MAZEROLLE
METRO

I hate to boast, but the fact is I play sports with an incredibly consistent level of mediocrity.

I'm not good or bad. I'm just there.

Tennis? Running? Ball hockey? Average, average, average.

And I love it.

Want to take me on? Well, son, you best stand back at a moderate distance because I'm about to get all middling on your ass. I'm not just mean. I am THE mean.

You say you're average too? Well then, step up, and we'll find out what happens when the undistinguished force meets the intermediate object.

As you can see, it's easy to get my competitive juices flowing, even if those juices are of no-name-brand quality. I have the killer instinct, just no weapons to kill with.

At first blush, it probably seems strange that I have a viciously competitive attitude toward sports when they usually leave me blushing, period. How can I play so happily when I know I'm so very so-so?

"One day, for instance, I can look back on a friendly tennis match and recount it like I'm some epic warrior, even if it's the tale of when I had each of my limbs hacked off by a much better warrior who had this amazing overhand broadsword."

It's simple: I like adventures and want to be part of one, even if I'm just a background character.

Sports are just storytelling in real time, and not everyone can be Indiana Jones. Some of us are just University Student, Bad Guy No. 2, or Guy Who Gets His Head Run Through By A Spike.

Any part in the story will do.

It's a natural urge, to want your life to be a grand adventure. But it's hard to pretend I'm a superhero when the hardest decision I face is deciding how many times a pair of jeans can be re-worn before washing, so I instead play sports — make-believe for adults.

One day, for instance, I can look back on a friendly tennis match and recount it like I'm some epic warrior, even if it's the tale of when I had each of my limbs hacked off by a much better warrior who had this amazing overhand broadsword.

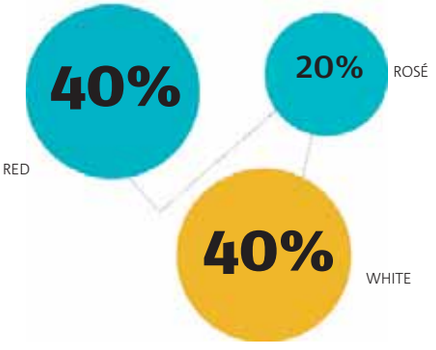
As a mediocre player, I have a small part to play in the narratives of players both better and worse. Just starting to play tennis? Make reaching my skill level a short-term goal! A slightly above-average runner? You'll feel like a world-beater when you blow by me! I'm an inspiration!

So this one goes out to all the mediocre athletes out there. The third-line left-wingers, the soccer fullbacks, the right-fielders batting eighth. I stand with you, here in the middle of the road, ready to offer all the support I can muster. An average amount, of course.

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metropolitanpanel.ca and take the quick poll

What's your favourite type of wine?



Local tweets

- **@JunieWu:** Too hot to eat my soup. Geez it's sunny #Vancouver
- **@krista_jahnke:** left over artichoke, spinach, tomato and parm za. gigi's pizza = best in #vancouver. stamped it, no erasies.
- **@VanVantage:** They're coming for you "Mr. 8" ... #vancouver crackdown on graffiti = more murals: http://ow.ly/5DZSz #publicart
- **@AwesomeSoundVS:** #Vancouver Folk Festival: Tim Robbins tunes up http://bit.ly/rgk1os (also includes highlights and tips) @vanfolkfest @TimRobbins1 #VFMF2011
- **@angiereid:** Going for supper then a walk with Elz. Wonderful cloudy day in #vancouver I love this city!
- **@K_Bourke:** Vote for Eric #Hassli for 2011 ESPYS Best Play Awards. Go #whitecaps http://es.pn/jkaB5U
- **@PeteSchaad:** The #Whitecaps have never allowed 4 goals in an MLS game. They've allowed 3 only twice...and have lost by 2 goals only twice. #Surprising
- **@allyrocketelle:** Alex burrows is trending. It makes me miss the days when he had no fangirls. Just me.

Worth Mentioning

WHAT'S BUGGING YOU?

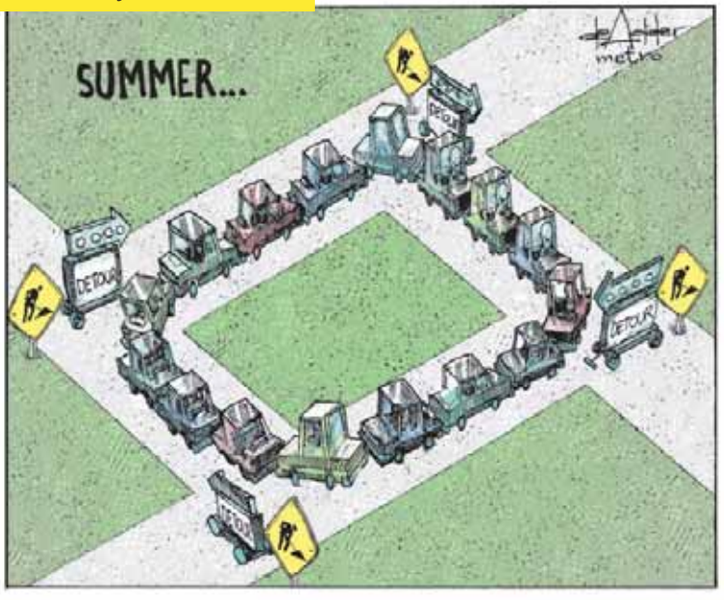
What do mosquitoes like more than clean, human skin? Stinky socks. Scientists think the musky odour of human feet can be used to attract and kill mosquitoes that carry deadly malaria. The Gates Foundation announced yesterday it will help fund one such project in Tanzania.

The traps could provide the first practical way of controlling malaria infections outside.

Dutch scientist Dr. Bart Knols first discovered mosquitoes were attracted to foot odour by standing in a dark room naked and examining where he was bitten, said Dr. Fredros Okumu, the head of the research project at Tanzania's Ifakara Health Institute. But over the following 15 years, researchers struggled to put the knowledge to use.

Then Okumu discovered that the stinky smell — which he replicates using a careful blend of eight chemicals — attracts mosquitoes to a trap where they can be poisoned. The odour of human feet attracted four times as many mosquitoes as a human volunteer. **THE ASSOCIATED PRESS**

Cartoon by Michael de Adder



WEIRD NEWS

Snake warrants double take at Ukrainian zoo

A two-headed snake has gone on display at a zoo in southern Ukraine.

The "Skazka" (Fairy tale) zoo in the Crimean city of Yalta on the Black Sea said yesterday that the albino California Kingsnake has two heads that think, react and eat separately, though one is more passive than the other.

Dmytro Tkachov, a zoo worker taking care of the snake, said he puts a barrier between the heads when feeding the snake lest one eats the other.

UNIAN/THE ASSOCIATED PRESS

The snake will be on display at the zoo until mid-September. The zoo would not provide further details. **THE ASSOCIATED PRESS**

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2 scene

He's back

The former governor of California will return to acting with a starring role in the Lionsgate film Last Stand. Arnold Schwarzenegger will play a border-town sheriff who unwittingly finds himself battling a notorious drug kingpin on the run.

THE ASSOCIATED PRESS

New prelude to upcoming 'Planet of the Apes' prequel goes online

Folk Festival flourishing

Van Folk Fest features fantastic music and family fun Find out what's on tap this year

BACKSTAGE PASS

GRAEME MCRANOR
METRO VANCOUVER

Myth: the Vancouver Folk Festival is just a bunch of tie-dyed hippies spinning around like flower-powered whirling dervishes.

Fact: the festival is celebrating it 34th year with an incredibly diverse musical lineup and is fun for the entire family.

Yes, there is a lot going on at this year's folk festival. And, weather-permitting, it's a great place to park a blanket and simply soak up the vibe. In the rain, well, not so much.

Still, the bands play on. Here are a handful of highlights from this year's lineup.

Tim Robbins and the Rogues Gallery Band

Wait, the guy from Shawshank Redemption plays music? Indeed. "Rousing, raggle-taggle gypsy Americana and storytelling songs" that incorporate folk, country, blues and creative experimentation, which, I suspect, could mean he might spontaneously leap into the crowd and spin around like a flower-powered whirling dervish.

Rosanne Cash

Eldest child of country legend Johnny, who has 11 No. 1 singles of her own.

Buck 65

Richard Tefry just happens to be my favourite interview in six years of chatting with artist types. But he's also a fairly wicked wordsmith and crosses his unique brand of hip hop with blues, country, rock and more.

Much more (more than 60 acts) on tap, of course – including drinking water (for environmental reasons organizers do not sell bottled water, so bring a refillable water bottle).

The festival runs tomorrow night through Sunday at Jericho Beach Park. Passes for the weekend are $165; Friday-only, $45; Saturday only, $75; Sunday only, $75. Discounts for youths, students and seniors. More info at thefestival.bc.ca.

Other events

Other events this weekend:

- **Little Folks Village** A festival within a folk festival. Crafts, face painting, waterworks, free play, a climbing wall, a storytelling salmon, hooping, and roving performers make this the place to be for families. Open Saturday and Sunday from 10 a.m. to 5 p.m.
- **Concert** Arctic Monkeys are playing at the Orpheum Sept. 28, with guests Smith Westerns. Tickets, $25-39.50, on sale tomorrow at 10 a.m.

SUBMITTED/LION WORKS STUDIOS

▶ Buck 65 performs at the Vancouver Folk Festival this weekend at Jericho Beach.

She's Fergalicious

The Duchess of York talks to Metro about her new book, Finding Sarah

GETTY IMAGES

Sarah Ferguson

Sarah Ferguson, the Duchess of York, has written a book, Finding Sarah, detailing her "journey to find herself" a year after she was taped by a journalist asking for cash for access to her former husband, Prince Andrew of the British royal family. She starred in a docu-series of the same name for Oprah Winfrey's OWN network. The duchess dishes with us.

In the last few days, U.K. newspapers have published highly critical articles about you and your book. Do you ever get used to it?
I've had it for more than 20 years. I can't win with them. It's not a lot of fun, but Fergie-baiting sells newspapers.

Even the U.S. media criticized some of the things you did on the OWN shows.
Dr. Phil said I was addicted to approval. He was right, and my journey in the last year taught me that. I'm recovering from the need for approval. The media can say what they like — I've learned to live through it, and anyway the OWN series gave me friendships with Oprah, Dr. Phil and Suze Orman.

Diana would have been 50 this month. You obviously still miss her.
Bless her. I'm the only royal ex-wife out here. Without her, I'm the only one having to do it on my own — with no support structure. It's very difficult, because you are alone.

Loss is a key theme of the book. Your mother died in a car accident, your father from a long illness — and they divorced when you were young. What would you say if you could speak to them again?
That I love them, that I forgive them, that they have two wonderful granddaughters and that I'm a brilliant mum.

Do you recognize yourself on the video where you were set up by the journalist?
No. It was a crisis point for me, but I'm almost grateful because it forced me to confront my problems. This book and the journey I undertook are the result.

You make constant references to how wonderful your ex-husband, Prince Andrew, is. Can you ever be happy without being with him?
He is a wonderful man — my ideal, as I describe him in the book. Who knows what may happen?

METRO

DC Comics preps fans for relaunch

DC COMICS

The New 52

DC Comics says it is prepping readers and fans for its upcoming relaunch in late summer, offering up a free guide to its multiple relaunches of comic characters and series.

The guide, DC Comics — The New 52, will be given away free starting July 20 at comic book shops and at the annual Comic-Con International in San Diego, which starts next week.

Besides a six-page preview of the upcoming Justice League No. 1 written by DC's chief creative officer Geoff Johns and illustrated by co-publisher Jim Lee, the guide will have covers for all 52 new series, sketches and details from writers and artists.

The series, which includes new takes on characters ranging from established heroes such as Superman, Batman and Wonder Woman, will also see new costumes and background for other characters, too, such as Sgt. Rock and western bounty-hunter Jonah Hex.

At the same time, the company said it would start selling digital copies of its printed ongoing superhero titles through apps and a website the same day they're released in comic shops. THE ASSOCIATED PRESS

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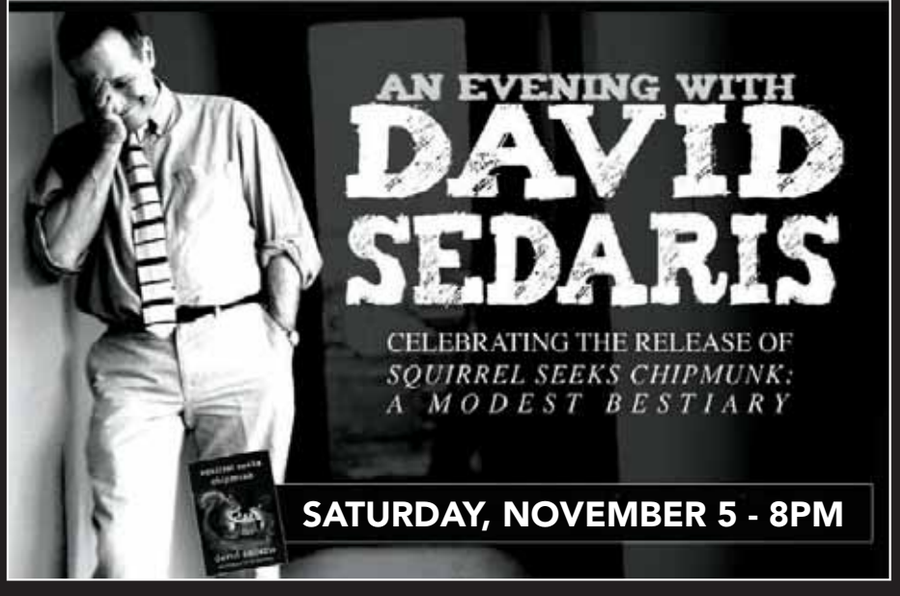

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Celebrity tweets

@tomhanks

This weekend, LA! Avoid Carmageddon, Gas-zilla, 405-enstein, Grid-lock-apalooza! STAY HOME. Eat & shop local!

@AlbertBrooks

I think we have to start electing presidents for one six year term. Trying to get re-elected ruins everything.

@SteveMartinToGo

I hear I'm getting a great review in News of the World next Sunday. Can't wait!

@SethMacFarlane

I think little kids cry a lot because they can't have margaritas yet.

Wedding bells for Brangelina?

Sources say power couple finally ready to say 'I do's'

While they've resisted the urge to tie the knot during their six years together, Brad Pitt and Angelina Jolie are reportedly ready to walk down the aisle, three separate sources confirm to Us Weekly.

The ceremony could happen as soon as this summer and would likely take place at the couple's newly renovated Chateau Miraval in Correns, France, which includes a chapel on its grounds.

But despite their high profile, the wedding "would be intimate and informal," a source says.

METRO

JASON MERRITT/GETTY IMAGES

▶ Brad Pitt and Angelina Jolie

Talking points

Apparently SJP wants us to feel sorry for her

JUST DO YOUR JOB AND GET ON WITH IT. Sarah Jessica Parker says that, despite having plenty of experience in front of the camera, she still gets nervous at the start of each project, and her new film is no different.

"I lose my appetite," she tells Vogue.

"By Wednesday of the first week on I Don't Know How She Does It, I was sobbing. I was apologizing. I was feeling so awful and ashamed, like I had let the director down ... I'm like that two weeks into every movie. METRO

'No boys' for Demi Lovato

KEVIN WINTER/GETTY IMAGES

▶ Demi Lovato

Demi Lovato is taking herself off the market.

"To be honest, right now there is no crush," Lovato says in an interview with Ryan Seacrest.

"I have a pact with my friends right now, literally no boys for X amount of days."

Lovato recently split from Wilmer Valderrama, and she previously dated Joe Jonas, who she says knew all about the "emotional and psychological issues" that landed her in rehab late last year.

"He was my best friend for like years prior to that, so he knew about my problems," she says of Jonas.

METRO

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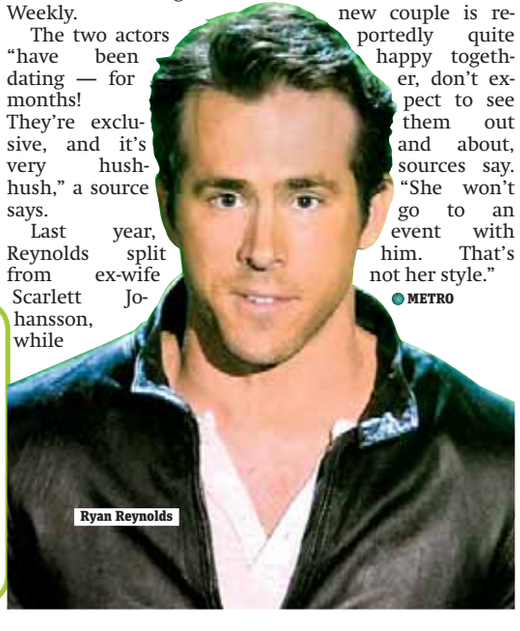
Forget ScarJo, Ryan has a new hottie

Ryan Reynolds and Charlize Theron are reportedly an item, according to Us Weekly.

The two actors "have been dating — for months! They're exclusive, and it's very hush-hush," a source says.

Last year, Reynolds split from ex-wife Scarlett Johansson, while Theron broke up with longtime partner Stuart Townsend. While the new couple is reportedly quite happy together, don't expect to see them out and about, sources say. "She won't go to an event with him. That's not her style."

METRO



Ryan Reynolds

FRAZER HARRISON/GETTY IMAGES

▶ Victoria Beckham

No more kids for Beckhams, friends say

Victoria and David Beckham happily welcomed their fourth child — and first daughter — earlier this week, but don't expect them to be welcoming a fifth.

Friends of the couple say baby Harper will be their last, according to People magazine.

"She was saying, 'I just want her to get here and want to be holding her in my arms — not in my belly," a source says of Victoria in the weeks leading up to the birth. "She had not been all that tired until the end, when it is just so hard to be active so pregnant."

METRO

Bold, beautiful brows

The bushy brow is the trendiest its been since Brooke rocked Calvins

ROMINA MCGUINNESS
METRO WORLD NEWS

Whether you want Kate Middleton's regal arches or the wild, wolf-like gaze of model Natalia Vodianova, the first step is to stop over-plucking and let your eyebrows grow. Serge Hodonou, a makeup artist in Paris whose clients include Björk and Freida Pinto, talks us through the next steps to your perfect eyebrows.

1

Identify your face shape
"You need to create proportion," Hodonou says. "On a long, angular face, a curved brow will add roundness and softness. On a more rounded face, straight brows will create a more angular, defined structure."

2

Choose the right colour
"Stick to shades of brown and stay clear of black, as this will bring harshness to the face, even on natural brunettes," he says. "Blondes should go for a shade just a little darker than their natural colour, such as light brown."

3

Create your shape
"Thickly draw in the shape you want with an eyebrow pencil or some loose powder. I don't use a liquid eyeliner pen because it doesn't look natural. Apply a lot of colour on the top half of the eyebrow (not under) as this will help lengthen and widen your gaze. Once you reach the tip of the eyebrow, never go too low because it will drag the eye down."

4

Tap it out
"Aim for natural, not drag queen. Tap and brush the colour using your fingers and then use a Q-tip to remove any excess. Use the Q-tip to blend in the colour and avoid graphic straight lines that look fake," he says.

BOJANA TATARSKA

▶ Blame fashion photo shoots such as this one for bringing the wolf-like, statement brow back.

SERGE HODONOU'S TOP THREE EYEBROW SHAPERS

SHU UEMURA TWEEZERS

"Remove the hairs one by one and never wax or shave," he says. "Remove the bottom hairs only to clean up the brow."
$34, shuuemura.com

CHANTECAILLE EYEBROW BRUSH

"This keeps the brows looking natural."
$20, chantecaille.com

3 life

Beauty pick

Penhaligon's Blenheim Bouquet eau de toilette

The top notes of lemon, lime and lavender offer a refreshing opener, while the base notes of musk, pine and black pepper give it real gravitas. **penhaligons.com**
RICHARD PECKETT

Turn up the style! Italy will wear Giorgio Armani at next year's London Olympics

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Smooth operator

Chaps, shaving is your one opportunity for a bit of facial pampering Make the most of it with a rich, emollient shaving cream. Go ahead, lather up and avoid that razor burn

1 KIEHL'S CLOSE-SHAVERS SQUADRON

Slather on this menthol and camphor infused cream for a kick to the senses in the morning. **$16, kiehls.com**

2 L'ORÉAL MEN EXPERT ANTI-IRRITATION SHAVING FOAM

This hydrating glycerin-based formula protects delicate skin from breaking out during shaving. **$5, lorealparis.com**

3 KYOKU-SHV 902 SHAVE CRÈME

The boozers out there will love this one. Yes, it's infused with sake. But jokes aside, it makes for a clinically, close shave. **$34, kyoku.com**

4 CLINIQUE M SHAVE

Razor burn is a drag for many men. Thankfully, Clinique's aloe ingredient soothes any raging redness. **$14, clinique.com**

5 GILLETTE FUSION PROGLIDE SHAVE GEL

The aloe and cocoa butter makes the beard cull an easy ride for your razor. **$4, gillette.com**

Men's grooming

Gillette Fusion Pro-Glide razor

Make light work of your dense facial follicles with the techy, Fusion ProGlide. The low cutting blades and yes, snow-plough comfort guard keep this razor on a smooth and even keel. **RICHARD PECKETT**

GILLETTE

$11, gillette.com

rider

Quick changes

If there were any lingering doubts about Kate Middleton taking her fashion choices seriously, this trip should put them all to rest. From the moment she boarded her private flight to Ottawa, the Duchess of Cambridge revealed a carefully chosen wardrobe, complete with 30 —yes, 30 — whopping outfit changes that seemed to pay tribute to both Canada and her home country.

1 Yes, she means business—or rather, she's good for business? The Duchess of Cambridge seemed to understand the power of her wardrobe decisions by wearing a blazer by the Canadian label Smythe and a Roland Mouret dress for her flight out of London.

2 In a move that would earn the approval of even the most jaded fashion editor, Middleton slipped into an Erdem shift mid-flight for her grand entrance in Canada. Designed by fashion's newbie of the moment, Canadian-born Erdem Moralioglu, it was her best look of the week.

3 Should she rethink her Issa loyalty? The silk wrap dress looked tired, dated and boring.

4 This simple, collared number by Catherine Walker suited her lithe frame and the piontier shoes make a nice change from her usual solid-colored pumps.

5 There's a fine line between paying tribute to Canada and becoming a walking tourism poster girl. The maple leaf hat is way too literal. **METRO**

Kressley doing makeovers for life

Queer Eye star taking sharp gaze on the road, helping ordinary people change much more than their wardrobe

PHOEBE HO
LIFE@METRONEWS.CA

Once clad in Saved-by-the Bell-inspired parachute pants and keyboard ties, fashion guru Carson Kressley committed fashion faux-pas too.

"I do make mistakes and I think that's something people shouldn't be so afraid of," he said. "I'd rather see a mistake being made because someone's experimenting and enjoying the process than always being so safe and boring."

And that's what he brings with him to all the towns he visits for his new OWN network show Carson Nation, spicing up the lives of hardworking individuals with a little fun, style and humour. He does what he calls "make-betters" to help people change their lives for the better. From fashion interventions to interior design, Kressley does whatever the situation calls for.

He rolls into each town to find individuals with the most inspiring stories who could use a helping hand.

"We talk to people and local officials to find out who really needs a makeover. It's not just who has a bad perm, it's who has a great story, who's inspiring," he said. "We have amazing transformations both on the outside, but I think more importantly, on the inside."

Kressley is no stranger to makeovers, with years of experience as the host of Queer Eye. And from what he has seen, there is usually a recurring theme in all the makeovers he does.

RENE JOHNSTON/TORONTO STAR

▶ Carson Kressley's new show Carson Nation airs Mondays on the OWN network.

"People just stop paying attention," he said. "You get busy with work, family or with your life, and it's really important for people to remember that they're worth taking care of."

A good way to stay out of the rut, Kressley says, is to keep educating and inspiring yourself. Whether it is from fashion magazines, watching runway shows or just going out on the streets to see what people are wearing – which is exactly what he does to stay up to date.

But Kressley says it's not just about transforming people on the outside. Like the story of a 61-year-old woman who had lived as a man for 58 years before having sexual re-assignment surgery.

With no experience with makeup or how to dress as a woman, Kressley helped her get comfortable in her own skin. But it was the amount of support she received that surprised him, and is just the kind of story that sums up the essence of his show.

"It was one of those eye-opening moments where it's much bigger than just a makeover show," he said. "It's a show about our society and how people are embracing diversity, so it's pretty cool."

Carson's tips

Here are a few tips from Kressley to keep your look up to date.

- Accessories are key: a good pair of shoes, belt or a statement necklace can liven up any outfit.
- It's about mixing and matching. Don't wear one designer head-to-toe; mix vintage with new, mix high with low.
- Wear the right size, not something too big or small. The right size of clothing will fit and flatter your body.

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Hardwood floors made easy

- From oak to maple to beech — beautiful wooden floors never go out of style
- Go with dark wood for a traditional look, or choose a light wood for a more contemporary feel

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

CONTRIBUTED

▶ Light wood floors help add a bright, modern feel to a room.

Anyone who has bought a house or condo over the last 15 years is aware of the popularity of hardwood flooring; it's often the reason we buy one home over another.

Wood flooring, installed properly, in a suitable colour and wood type, can be enjoyed for a lifetime.

Choose the wrong stain, wood or size of wood plank and you'll have a trendy, expensive mess on your hands that isn't always so easy to change.

"The biggest mistake people make when choosing hardwood flooring is that they try to follow short-lived trends," says hardwood flooring expert Bill Schinas of Smithwood Floors in Etobicoke, Ont.

"Choosing a wood type and stain colour that belongs in the architectural style of your home will allow the wood floors to last a lifetime."

Here's a few of this flooring guru's dos and don'ts when choosing hardwood.

Do: Choose a wood type that is suitable for your lifestyle.
Most open-concept style homes work best with a hardwood like oak or maple. Oak tends to give a more traditional feel to the house while maple floors offer a more contemporary feel.

Don't: Choose your wood type around your decor scheme, but around the era/architecture of your home.
If you live in a modern condo, then choose a trendy flooring choice like grey-stained maple flooring. If you're buying an art-and-crafts style home then a deep cherry wood flooring would be most suitable.

Do: Follow trends of light or dark flooring as these tend to stick around for a long time.
The trend to dark wood has been around for about 10 years and slightly lighter tones are now emerging.

Don't: Choose wide planked floor boards just because they are a trend.
They can make a small space feel smaller and will not suit the scale of most rooms in the new condos and homes.

Wide planked floors will always look great in either traditional or industrial style homes.

Do: Consider stain colours like walnut as it is the most neutral of all the stain colours.
Note that cherry stains will have a more orange colour, mahogany will have more red and driftwood will have more grey (which is a big trend right now, but I think it will be short-lived).

Don't: Allow your decorator to choose your wood type and stain.
If building a house and working with a designer and architect, allow your architect to make the flooring suggestion.

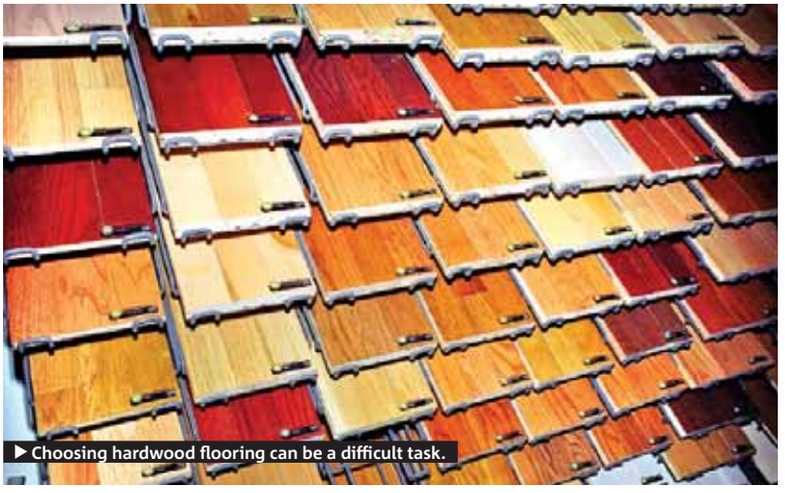
They will not be as affected by trends and will incorporate the flooring choice into the integrity of the house's architectural scheme.

Do: Consider installing unfinished hardwood flooring.
Although there is more work to install on site, it will look more professional.

The wood strip lengths are longer and they can be sanded and stained many times over the floor's lifetime.

Pre-finished flooring often has microbevels between the planks, making it more difficult to sand and stain in the future.

CONTRIBUTED



▶ Choosing hardwood flooring can be a difficult task.

ENDING DISH DRAMAS

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@METRONEWS.CA
FOR MORE, VISIT CHARLES MACPHERSON.COM

Question: My husband and I have argued about this since the day we got married. Can you please share the proper way to load a dishwasher?
Frustrated Wife, Vancouver

Dear Frustrated Wife:

I know exactly what you're talking about! We had that same argument in my household when I was a kid, and it was only resolved when I became a butler and learned the correct way! Here are nine rules for dishwashers.

1. For the cleaning cycle to work correctly, water needs to be able to circulate around all of the dishes.
2. Overcrowding is the most common problem.
3. Rinse dishes before loading.
4. Use racks for their designated purpose.
5. Items requiring more robust cleaning should be placed on the bottom rack.
6. Use the recommended amount of soap.
7. Always use a rinse aid. This really does help keep the dishes spotless.
8. If your dishwasher has a salt dispenser check to see if you have hard or soft water in your area. The harder your water, the increased chances that you will need salt in the dishwasher to avoid residue buildup.
9. If your dishwasher isn't full, don't run a full cycle. Run the 10-minute rinse cycle. This will rinse your dishes and you can continue to fill the dishwasher until you have a full load.

How to load the dishwasher
Loading dishes with room around them allows for the water to circulate and clean them.

How not to load a dishwasher
Overcrowding prevents the water from circulating around all of the dishes, a main reason for dirty dishes at the end of the cleaning cycle.

CHARLES IS BACK NEXT WEEK WITH MORE TIPS ON DISHWASHER LOADING

When seafood becomes the star in pasta dishes

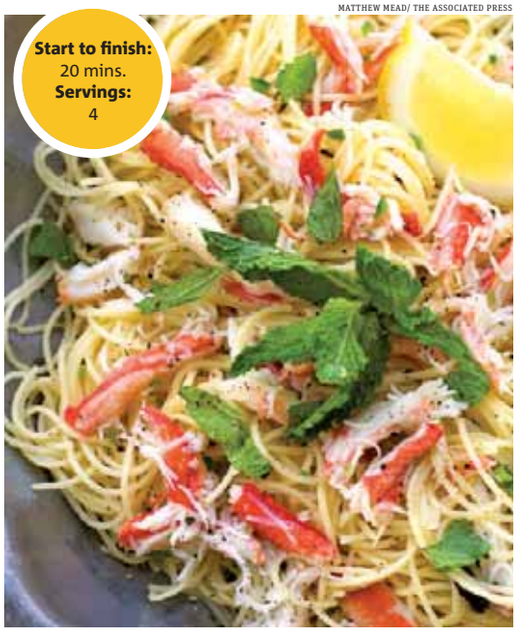
Use freshly cooked crab for this Angel Hair Pasta with Jalapeno & Mint

If you're lucky, you've never known a world without olive oil or a time when Parmesan cheese only came in green cans.

But there was such a world. Once stigmatized as the cuisine of "garlic eaters," Italian food and its ingredients were almost impossible to find in North America 40 years ago.

"Certain foods were so associated with lower-class people that it was a way of keeping those people and their food in their place," says John Mariani, author of How Italian Food Conquered the World.

MATTHEW MEAD/ THE ASSOCIATED PRESS



But as increased travel and waves of new immigrants coaxed Americans to be more adventurous, Italian food found its way onto American tables — and into their hearts. During the 1960s and '70s, retailers began marketing "healthy" Italian ingredients, such as olive oil. And during the 1980s, big-name chefs like Wolfgang Puck adapted and enhanced foods like pizza, giving them culinary credibility and pushing them into the mainstream.

"Italian food appeals to such a broad spectrum," says Jonathan Waxman of the New York restaurant Barbuto. "It appeals to kids, snobby people, rustic diners. It appeals to big groups, or an elegant dinner. It goes the full gamut."

Waxman's new book, Italian May Way, adapts the simplicity, seasonality and, most of all, the spontaneity of Italian dishes to American sensibilities.

Among the recipes is this Angel Hair Pasta with Crab, Jalapeno and Mint.

Preparation:

1. In bowl, combine crabmeat, jalapeno, garlic, mint, butter. Set aside.
2. Bring a large saucepan of salted water to a boil. Cook pasta according to package directions, about 3 minutes. When pasta is al dente, use tongs or a slotted spoon to scoop out pasta and add it to crab mix. Toss, then add lemon juice. Season with salt. **THE ASSOCIATED PRESS/ ITALIAN MY WAY BY JONATHAN WAXMAN (SIMON & SCHUSTER, 2011)**

Ingredients:

- 250 g (1/2 lb) cooked crabmeat, cleaned and picked through
- 1 jalapeno pepper, stemmed, seeded and minced
- 1 clove garlic, minced
- 12 fresh mint leaves, torn
- 90 ml (6 tbsp or 3/4 stick) unsalted butter, cut into small pieces
- 500 g (1 lb) angel hair pasta
- Juice of 1 lemon
- Salt, to taste

THE CANADIAN PRESS H/O

Havarti-Fish Pasta Salad

▶ This recipe serves four.

Preparation:

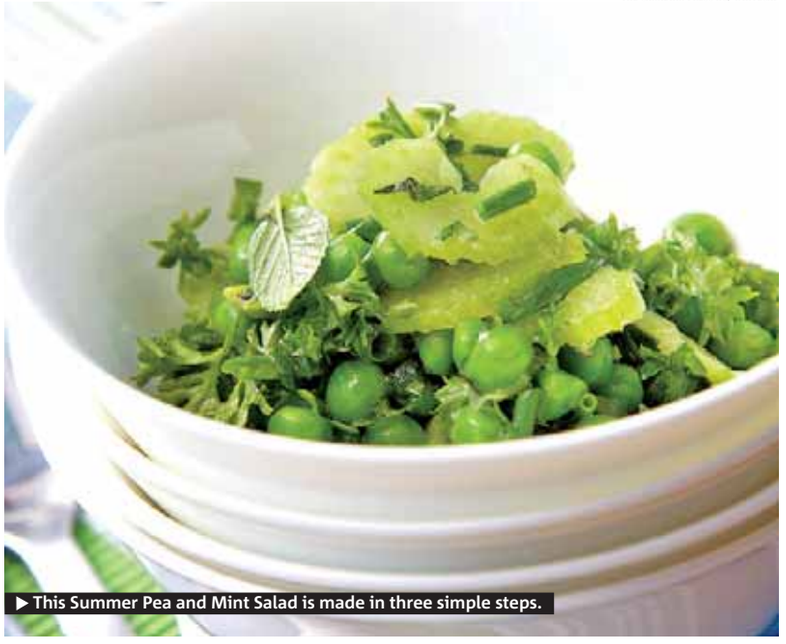
1. In a large bowl, combine olive oil, lime juice and zest and cayenne pepper, if using. Set aside 30 ml (2 tbsp) of this mixture to brush on fish while cooking.
2. Preheat barbecue to medium-high. Cook fish for 3 to 5 minutes per side depending on fish selected and how you like it done. Brush with reserved dressing occasionally. Season with salt and pepper.
3. Add cooked pasta, cucumber, tomatoes and capers to dressing in large bowl. Toss well. Add arugula and cheese just before serving. Divide evenly among 4 plates or soup plates. Top with grilled fish. **THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA**

Ingredients:

- 75 ml (1/3 cup) olive oil
- 75 ml (1/3 cup) lime juice
- 15 ml (1 tbsp) lime zest
- 2 to 5 ml (1/2 to 1 tsp) ground cayenne pepper (optional)
- 500 g (1 lb) salmon, halibut or tilapia
- 1 l (4 cups) cooked orzo or other small pasta
- 375 ml (1 1/2 cups) finely diced cucumber
- 375 ml (1 1/2 cups) cherry tomato halves
- 30 ml (2 tbsp) drained capers
- 750 ml (3 cups) arugula or baby spinach
- 140 g (5 oz) havarti cheese, cubed
- Salt and freshly ground pepper, to taste

Fresh peas mingle with mint

THE CANADIAN PRESS HO/ WHITECAP



▶ This Summer Pea and Mint Salad is made in three simple steps.

This salad from dietician Marilyn Smith's Healthy Starts Here! cookbook pairs well with warm weather

Farmers markets and grocery stores are starting to stock fresh peas.

They're delicious eaten from the pod and they're also a great addition to summer salads (if you can make it home without snacking!).

Dietitian Marilyn Smith was looking for a way to incorporate peas in a salad. She had mint in her garden and celery in her fridge.

"I wondered if I throw all this stuff together and I make a tangy sauce what would happen and it turned out really well."

The Summer Pea and Mint Salad is included it in her recent cookbook Healthy Starts Here!

Preparation:

1. Salad: In a large salad bowl, toss together peas, celery, parsley, mint and chives.
2. Dressing: In a small bowl, whisk together oil, orange juice concentrate, vinegar and Dijon.
3. Pour dressing over salad and toss well. Serve.

THE CANADIAN PRESS/ HEALTHY STARTS HERE BY MARILYN SMITH (WHITECAP, 2011)

Ingredients:

Salad

- 375 ml (1 1/2 cups) cooked, chilled fresh peas or thawed frozen baby peas
- 2 stalks celery, thinly sliced
- 175 ml (3/4 cup) finely chopped parsley
- 50 ml (1/4 cup) finely chopped fresh mint
- 50 ml (1/4 cup) snipped fresh chives

Orange-Dijon Dressing

- 15 ml (1 tbsp) canola oil
- 15 ml (1 tbsp) frozen orange juice concentrate, thawed
- 15 ml (1 tbsp) apple cider vinegar
- 5 ml (1 tsp) Dijon mustard

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World Cup. Finalists

▶ American forward Abby Wambach, second left, is mobbed by teammates after scoring yesterday in Germany.

THE ASSOCIATED PRESS

American women's soccer team partying like it's 1999

The United States kept its fans breathless again. And just like last time, Abby Wambach came up big. The American forward broke a tie with a thunderous header in the 79th minute, and the U.S. are heading to the Women's World Cup final for the first time since 1999 after a 3-1 victory over France yesterday. Wambach also had the game tying goal in the 122nd minute against Brazil in the quarterfinals.
"We've achieved part of our goal. We're in the final," Wambach said. "We want to complete it. We want to be world champs."
Japan will face the U.S. in Sunday's final after a 3-1 win over Sweden yesterday.

Top QBs ready to end lockout

Deadlines coming up next week to get NFL training camps, pre-season started on time

Calling the players' offer "fair for both sides," star quarterbacks Tom Brady, Peyton Manning and Drew Brees — plaintiffs in an antitrust suit against the NFL — said yesterday "it is time" to wrap up negotiations on a deal to end the league's lockout.

Brady, Manning and Brees spoke as a group publicly for the first time with talks in a critical phase, four months into the league's first work stoppage since 1987. Players and owners met yesterday morning at a Manhattan law office for the latest round of discussions.

Although it seems the sides have agreed on the basic elements of how to split more than $9 billion US in annual revenues, there are still key sticking points on how to structure a new rookie salary system and what free agency will look like.

"We share the view that now is the time to reach an agreement so we can all get back to football and a full 2011 season."
A STATEMENT RELEASE BY THE NFL YESTERDAY.

In a statement released to The Associated Press via the NFL Players Association, New England's Brady, Indianapolis' Manning and New Orleans' Brees said: "We believe the overall proposal made by the players is fair for both sides and it is time to get this deal done."

They continued: "This is the time of year we as players turn our attention to the game on the field. We hope the owners feel the same way."

In response, the NFL issued a statement saying: "We are working hard with the players' negotiating team every day to complete an agreement as soon as possible."

U.S. Magistrate Judge Arthur Boylan ordered both sides to speak with him in Minneapolis next Tuesday, and the owners have a special meeting set for July 21 in Atlanta, where they could vote to ratify a new deal if one is reached. **THE ASSOCIATED PRESS**

Clemens' lawyer says DNA evidence was 'manufactured'

Prosecutors said yesterday that needles and cotton balls Roger Clemens' former trainer says he used to inject the star pitcher tested positive for Clemens' DNA and anabolic steroids — evidence the defence said was faked.

Assistant U.S. attorney Steven Durham revealed the results during opening arguments in Clemens' trial on charges of lying to Congress about using performance-enhancing drugs. Clemens' lawyer Rusty Hardin responded that he won't dispute the needles contain Clemens' DNA and steroids, but accused the trainer Brian McNamee of "mixing" it up.

"He manufactured this stuff," Hardin told jurors. "Roger Clemens' only crime was having the poor judgment to stay connected with Brian McNamee."

Hardin said steroids would have been "incredibly inconsistent with his career and beliefs that there's no way he would have done it."

THE ASSOCIATED PRESS

Sports in brief

Brit sprints to stage victory

TOUR DE FRANCE. Mark Cavendish of Britain won a rainy 11th stage of the Tour de France in a mass sprint yesterday, easily beating Andre Greipel of Germany on the line.

French rider Thomas Voeckler still holds the leader's yellow jersey.

THE ASSOCIATED PRESS

Raps add to coaching staff

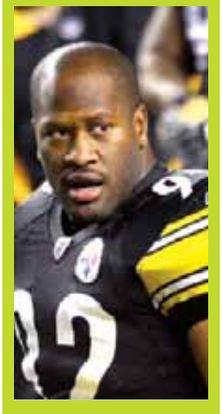
NBA. The Toronto Raptors announced yesterday that Johnny Davis and Tom Sterner have been added to new coach Dwane Casey's staff.

They join assistants Eric Hughes, Micah Nori and Scott Roth.

THE CANADIAN PRESS

4 sports

Quoted



"I hate him and will never respect him."
PITTSBURGH STEELERS LINEBACKER JAMES HARRISON'S COMMENTS ON NFL COMMISSIONER ROGER GOODELL IN THE AUGUST ISSUE OF MEN'S JOURNAL. HARRISON, WHO ALSO CALLS GOODELL A "CROOK" AND A "DEVIL" IN THE ARTICLE, HASN'T BEEN SHY ABOUT RIPPING THE LEAGUE AFTER HE WAS DOCKED $100,000 FOR ILLEGAL HITS LAST SEASON.

"Why don't you quit and do something else, like start your own league in flag football?"
HARRISON, ON WHAT HE WOULD HAVE WHISPERED IN GOODELL'S EAR DURING THE TROPHY CEREMONY HAD HIS STEELERS WON THE SUPER BOWL LAST SEASON.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	55	35	.611	—
New York	53	35	.602	1
Tampa Bay	49	41	.544	6
Toronto	45	47	.489	11
Baltimore	36	52	.409	18

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	49	43	.533	—
Cleveland	47	42	.528	½
Chicago	44	48	.478	5
Minnesota	41	48	.461	6½
Kansas City	37	54	.407	11½

WEST DIVISION

	W	L	Pct	GB
Texas	51	41	.554	—
Los Angeles	50	42	.543	1
Seattle	43	48	.473	7½
Oakland	39	53	.424	12

Yesterday's results
No Games Scheduled.
Tuesday's result
All-Star Game — At Phoenix
National League 5 American League 1
Tonight's games
All Times Eastern
Cleveland (Masterson 7-6) at Baltimore (Guthrie 3-12), 7:05 p.m.
N.Y. Yankees (Colon 6-4) at Toronto (Reyes 4-7), 7:07 p.m.
Kansas City (Chen 5-2) at Minnesota (Liriano 5-7), 8:10 p.m.
Texas (D.Holland 7-4) at Seattle (Vargas 6-6), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	57	34	.626	—
Atlanta	54	38	.587	3½
New York	46	45	.505	11
Washington	46	46	.500	11½
Florida	43	48	.473	14

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	49	43	.533	—
St. Louis	49	43	.533	—
Pittsburgh	47	43	.522	1
Cincinnati	45	47	.489	4
Chicago	37	55	.402	12
Houston	30	62	.326	19

WEST DIVISION

	W	L	Pct	GB
San Francisco	52	40	.565	—
Arizona	49	43	.533	3
Colorado	43	48	.473	8½
Los Angeles	41	51	.446	11
San Diego	40	52	.435	12

Yesterday's results
No Games Scheduled.
Tuesday's result
All-Star Game
At Phoenix
National League 5 American League 1
Tonight's games
All Times Eastern
Florida (Ani.Sanchez 6-2) at Chicago Cubs (Garza 4-7), 8:05 p.m.
Milwaukee (Gallardo 10-5) at Colorado (Jimenez 4-8), 8:40 p.m.
San Francisco (Bumgarner 4-9) at San Diego (Harang 7-2), 10:05 p.m.

SOCCER

NASL

	GP	W	L	T	GF	GA	Pt
Carolina	16	13	1	2	35	12	41
Edmonton	15	7	4	4	18	15	25
Puerto Rico	15	6	4	5	23	23	23
Minnesota	15	4	4	7	16	15	19
Tampa Bay	15	4	5	6	17	21	18
Fort Lauderdale	16	3	4	9	22	23	18
Montreal	15	2	8	5	12	16	11
Atlanta	15	2	11	2	15	33	8

Last night's results
Carolina 1 Edmonton 1
Fort Lauderdale 1 Montreal 1
Sunday's games
All Times Eastern
Atlanta at Montreal, 3:30 p.m.
Tampa Bay at Edmonton, 6 p.m.
Puerto Rico at Minnesota, 8:30 p.m.

EUROPEAN CHAMPIONS LEAGUE

SECOND ROUND — FIRST LEG
Yesterday's results
Bangor City (Wales) 0 HJK Helsinki (Finland) 3
Dinamo Zagreb (Croatia) 3 Neftci (Azerbaijan) 0
Linfield (Northern Ireland) 1 BATE Borisov (Belarus) 1
Maccabi Haifa (Israel) 5 Borac Banja Luka (Bosnia-Herzegovina) 1
Malmo (Sweden) 2 Torshavn (Faeroe Islands) 0
Partizan (Serbia) 4 Skendija (Macedonia) 0
Rosenborg (Norway) 5 Breidablik (Iceland) 0
Skenderbeu (Albania) 0 APOEL (Cyprus) 2
Skonto Riga (Latvia) 0 Wisla Krakow (Poland) 1
Sturm Graz (Austria) 2 Videoton (Hungary) 0
Zestafoni (Georgia) 3 Dacia Chisinau (Moldova) 0

FIFA WOMEN'S WORLD CUP

Yesterday's results
SEMIFINALS
At Moenchengladbach, Germany
U.S. 3 France 1
At Frankfurt — Japan 3 Sweden 1
Saturday's game
THIRD PLACE
At Sinsheim, Germany
France vs. Sweden, 11:30 a.m.
Sunday's game
CHAMPIONSHIP
At Frankfurt — U.S. vs. Japan, 2:45 p.m.

MLS

Saturday's games
All Times Eastern
Colorado at Seattle, 4 p.m.
Real Salt Lake at Vancouver, 4 p.m.
San Jose at Columbus, 7:30 p.m.
Kansas City at Houston, 8:30 p.m.
Portland at Chicago, 8:30 p.m.
D.C. United at Dallas, 9 p.m.
New York at Chivas USA, 10:30 p.m.

COPA AMERICA

FIRST ROUND

Yesterday's results
At Salta, Argentina
Paraguay 3 Venezuela 3
At Cordoba, Argentina
Brazil 4 Ecuador 2
Tuesday's results
At Mendoza, Argentina
Chile 1 Peru 0
At La Plata, Argentina
Uruguay 1 Mexico 0

TRANSACTIONS

MLB

AMERICAN LEAGUE

CLEVELAND INDIANS—Placed RHP Mitch Talbot on the 15-day DL. Recalled OF Ezequiel Carrera from Columbus (IL).
NEW YORK YANKEES—Agreed to terms with RHP Reinier Casanova and assigned him to the GCL Yankees.

NATIONAL LEAGUE

ST. LOUIS CARDINALS—Agreed to terms with LHP Jaime Garcia on a four-year contract extension.

CFL

LEAGUE OFFICE—Fined Saskatchewan DB Craig Butler an undisclosed amount for an illegal hit on Montreal WR S.J. Green during Saturday's game.
WINNIPEG BLUE BOMBERS—Named Ossama AbouZeid interim chief executive officer.

NBA

INDIANA PACERS—Named Brian Shaw assistant head coach. Retained assistant coach Dan Burke.

NHL

COLUMBUS BLUE JACKETS—Signed C Cody Bass to a one-year contract.
OTTAWA SENATORS—Signed F Mika Zibanejad to a three-year contract.
ST. LOUIS BLUES—Signed F Jonathan Cheechoo to a one-year contract.
WASHINGTON CAPITALS—Re-signed C Mathieu Perrault to a one-year contract.

NLL

MINNESOTA SWARM—Traded D Ryan Cousins, A Aaron Wilson, G Kevin Croswell and a 2011 second-round draft pick to Edmonton for 2011 first- and fourth-round draft picks and a 2012 second-round draft pick.
TORONTO ROCK—Traded F Mat MacLeod, D Creighton Reid and the ninth and 14th picks in the 2011 draft to Colorado for F Dan Carey, the 28th pick in the 2011 draft and the rights to Rochester's 2013 first-round draft pick.

MLS

NEW YORK RED BULLS—Signed G Frank Rost.

CYCLING

TOUR DE FRANCE

At Carmaux, France
Stage 11 — 167.5 kilometres
1. Mark Cavendish, Britain, HTC-Highroad, three hours, 46 minutes, seven seconds; 2. Andre Greipel, Germany, Omega Pharma-Lotto, same time; 3. Tyler Farrar, United States, Garmin-Cervelo, s.t.; 4. Denis Galimzyanov, Russia, Katusha, s.t.; 5. Edvald Boasson Hagen, Norway, Sky Procycling, s.t.; 6. Romain Feillu, France, Vacansoleil-DCM, s.t.; 7. Jose Joaquin Rojas, Spain, Movistar, s.t.; 8. Sebastien Turgot, France, Europcar, s.t.; 9. Francisco Ventoso, Spain, Movistar, s.t.; 10. William Bonnet, France, Francaise des Jeux, s.t.
Canadian — 122. Ryder Hesjedal, Victoria, Garmin-Cervelo, s.t.
OVERALL STANDINGS
(after 11 stages)
1. Thomas Voeckler, France, Europcar, 45 hours, 52 minutes, 39 seconds; 2. Luis Leon Sanchez, Spain, Rabobank, one minute, 49 seconds behind; 3. Cadel Evans, Australia, BMC, 2:26; 4. Frank Schleck, Luxembourg, Leopard-Trek, 2:29; 5. Andy Schleck, Luxembourg, Leopard-Trek, 2:37
Canadian — 51. Ryder Hesjedal, Victoria, Garmin-Cervelo, 15:32 behind leader.

TENNIS

ATP MERCEDES CUP

At Stuttgart, Germany
Singles — First Round
Victor Hanescu, Romania, def. Gael Monfils (1), France, 2-6, 7-6 (7), 6-4.
Marcel Granollers, Spain, def. Andreas Seppi (7), Italy, 6-3, 3-6, 6-1.
Second Round
Pablo Andujar, Spain, def. Albert Montanes, Spain, 2-6, 6-4, 6-3.
Jeremy Chardy, France, leads Santiago Giraldo, Colombia, 6-1, 1-0 (susp., rain).
Doubles — First Round
Santiago Gonzalez, Mexico, and **Adil Shamasdin, Pickering, Ont.**, def. Gael Monfils and Gilles Simon, France, 5-7, 6-3, 10-8 (tiebreak).

ATP SKISTAR SWEDISH OPEN

At Bastad, Sweden
Singles — First Round
Juan Monaco (6), Argentina, def. Carlos Berlocq, Argentina, 6-7 (5), 7-6 (7), 6-2.
Ruben Ramirez Hidalgo, Spain, def. Andrey Golubev (7), Kazakhstan, 6-7 (4), 6-1, 6-2.
Second Round
Robin Soderling (1), Sweden, def. Diego Junqueira, Argentina, 6-0, 6-1.
Tomas Berdych (3), Czech Republic, def. Teymuraz Gabashvili, Russia, 6-2, 6-2.

WTA SNAI OPEN

At Palermo, Sicily
Singles — Second Round
Flavia Pennetta (1), Italy, def. Mathilde Johansson, France, 4-6, 7-5, 7-5.
Tsvetana Pironkova (6), Bulgaria, def. Sorana Cirstea, Romania, 2-6, 6-1, 6-1.
Polona Hercog (7), Slovenia, def. Alberta Brianti, Italy, 6-2, 6-4.
Petra Cetkovska (8), Czech Republic, def. Akgul Amanmuradova, Uzbekistan, 6-2, 6-4.

WTA NUERNBERGER GASTEIN LADIES OPEN

At Bad Gastein, Austria
Singles — First Round
Sybille Bammer, Austria, def. Simona Halep (6), Romania, 4-6, 7-5, 7-6 (6).
Second Round
Ksenia Pervak (8), Russia def. Nastja Kolar, Slovenia, 4-6, 7-6 (8), 6-2.

GRANBY CHALLENGER

At Granby, Que.
(q—qualifier; wc—wild card)
MEN
Singles — First Round
Tatsuma Ito (5), Japan, def. Greg Jones, Australia, 6-2, 6-4.
Vasek Pospisil (8), Vernon, B.C., def. **wc-Zachary White, Vineland, Ont.**, 6-1, 6-1.
Joshua Milton, Britain, def. Simon Stadler, Germany, 6-2, 6-3.
Second Round
Dudi Sela (1), Israel, def. Rajeev Ram, U.S., 6-4, 6-2.
Edouard Roger-Vasselin (6), France, def. Jesse Levine, U.S., 7-6 (2), 6-3.
WOMEN
Singles — First Round
Ling Zhang (4), Hong Kong, def. q-Elizabeth Lumpkin, U.S., 7-6 (3), 4-6, 6-1.
Sharon Fichman (5), Toronto, def. Tammi Patterson, Australia, 6-4, 7-5.
Eugenie Bouchard, Westmount, Que., def. Temi Tezuka, Japan, 6-4, 6-1.
Second Round
Stephanie Dubois (1), Laval, Que., def. Lena Litvak, U.S., 7-5, 6-1.
Julia Glushko (3), Israel, def. **Gabriela Dabrowski, Ottawa**, 6-3, 6-2.
Jennifer Elie, U.S., def. Chanel Simmonds (6), South Africa, 5-7, 7-5, 7-6 (3).
Hsu Wen-Hsin (7), Taiwan, def. q-Katie Ruckert, U.S., 6-1, 6-2.

GOLF

BRITISH OPEN

At Sandwich, England
Tee times for today's opening round of the British Open at the 7,211-yard, par-70 Royal St. George's (all times Eastern; a-denotes amateur; competitors from the U.S., unless specified):
1:30 a.m.— Jerry Kelly; Nathan Green, Australia; Danny Willett, England.
1:41 a.m. — Thongchai Jaidee, Thailand; Mark Calcavecchia; Graeme Storm, England.
1:52 a.m.— Gregory Havret, France; Charley Hoffman; Markus Brier, Austria.
2:03 a.m.— Todd Hamilton; Simon Khan, England; Prayad Marksaeng, Thailand.
2:14 a.m. — Rhys Davies, Wales; Fredrik Jacobson, Sweden; Mark O'Meara
2:25 a.m. — Thomas Bjorn, Denmark; Simon Dyson, England; Gary Woodland
2:36 a.m. — K.T. Kim, South Korea; Ryan Moore; Alvaro Quiros, Spain.
2:47 a.m. — Bo Van Pelt; K.J. Choi, South Korea; Martin Laird, Scotland.
2:58 a.m.— Stephen Gallacher, Scotland; Bill Haas; Hiroyuki Fujita, Japan.
3:09 a.m. — Geoff Ogilvy, Australia; a-Peter Uihlein; Miguel Angel Jimenez, Spain.
3:20 a.m. — Francesco Molinari, Italy; Tetsuji Hiratsuka, Japan; Stewart Cink
3:31 a.m. — Nick Watney; Matteo Manassero, Italy; Angel Cabrera, Argentina.
3:42 a.m.— Yuta Ikeda, Japan; Ian Poulter, England; Dustin Johnson
3:58 a.m. — Ben Curtis; Paul Casey, England; Aaron Baddeley, Australia.
4:09 a.m.— Ernie Els, South Africa; Rory McIlroy, Northern Ireland; Rickie Fowler
4:20 a.m.— Luke Donald, England; Ryo Ishikawa, Japan; Sergio Garcia, Spain.
4:31 a.m. — Retief Goosen, South Africa; Hunter Mahan; Anders Hansen, Denmark.
4:42 a.m.— Brian Davis, England; Camilo Villegas, Colombia; David Duval
4:53 a.m.— John Daly; Ross Fisher, England; Peter Hanson, Sweden.
5:04 a.m. — Gregory Bourdy, France; Jason Duffner; a-Craig Hinton, England.
5:15 a.m. — Alexander Noren, Sweden; Paul Lawrie, Scotland; Kevin Na
5:26 a.m. — Sean O'Hair; Seung-Yul Noh, South Korea; Thorbjorn Olesen, Denmark.
5:37 a.m. — Simon Edwards, Wales; Bob Estes; Richard McEvoy, England.
5:48 a.m. — Francis McGuirk, England; Matthew Millar, Australia; Kevin Streelman
5:59 a.m. — Mark Laskey, Wales; Thomas Shadbolt, England; Rick Kulacz, Australia.
6:10 a.m. — Simon Lilly, England; Chris Tidland; Neil Schietekat, South Africa.
6:31 a.m. — Peter Whiteford, Scotland; Spencer Levin; Thomas Aiken, South Africa.
6:42 a.m.— Prom Meesawat, Thailand; Martin Maritz, South Africa; Harrison Frazar
6:53 a.m. — Chad Campbell; Kenneth Ferrie, England; Scott Jamieson, Scotland.
7:04 a.m. — Raphael Jacquelin, France; Mark Wilson; Kyle Stanley
7:15 a.m. — Steve Marino; Richard Green, Australia; Pablo Larrazabal, Spain.
7:26 a.m. — Rory Sabbatini, South Africa; Sandy Lyle, Scotland; Anthony Kim
7:37 a.m. — Edoardo Molinari, Italy; Charles Howell III; Joost Luiten, Netherlands.
7:48 a.m. — Brandt Snedeker; a-Lucas Bjerregaard, Denmark; Trevor Immelman, South Africa.
7:59 a.m. — Darren Clarke, Northern Ireland; Jonathan Byrd; Y.E. Yang, South Korea.
8:10 a.m. — Lucas Glover; Hiroo Kawai, Japan; Robert Karlsson, Sweden.
8:21 a.m. — a-Bryden Macpherson, Australia; Matt Kuchar; Padraig Harrington, Ireland.
8:32 a.m. — Zach Johnson; Adam Scott, Australia; Justin Rose, England.
8:43 a.m. — Graeme McDowell, Northern Ireland; Jason Day, Australia; Bubba Watson
8:59 a.m.— Jim Furyk; Bernhard Langer, Germany; Tadahiro Takayama, Japan.
9:10 a.m.— Lee Westwood, England; Steve Stricker; Charl Schwartzel, South Africa.
9:21 a.m.— Louis Oosthuizen, South Africa; Martin Kaymer, Germany; Phil Mickelson
9:32 a.m.— Henrik Stenson, Sweden; a-Tom Lewis, England; Tom Watson
9:43 a.m.— Robert Allenby, Australia; Davis Love III; Fredrik Andersson Hed, Sweden.
9:54 a.m. — Nicolas Colsaerts, Belgium; J.B. Holmes; S.M. Bae, South Korea.
10:05 a.m. — Webb Simpson; Robert Rock, England; Alejandro Canizares, Spain.
10:16 a.m. — Kurt Barnes, Australia; Justin Leonard; Jeff Overton
10:27 a.m. — Lee Corfield, England; Ben Crane; Floris De Vries, Netherlands.
10:38 a.m. — Ryan Palmer; Tom Lehman; Adam Wootton, England.
10:49 a.m. — Jung-Gon Hwang, South Korea; Gary Boyd, England, Robert Garrigus
11 a.m.— George Coetzee, South Africa; Andy Smith, England; Brad Kennedy, Australia.
11:11 a.m. — Jason Knutzon; Andrew Johnston, England; Chih-Bing Lam, Singapore.

CFL

WEEK THREE

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	2	2	0	0	69	51	4
Winnipeg	2	2	0	0	46	32	4
Toronto	2	1	1	0	39	43	2
Hamilton	2	0	2	0	26	52	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	2	2	0	0	70	38	4
Calgary	2	1	1	0	55	55	2
B.C.	2	0	2	0	58	64	0
Saskatchewan	2	0	2	0	53	81	0

Tonight's game
All Times Eastern
Calgary at Winnipeg, 8 p.m.
Tomorrow's game
Toronto at Montreal, 7:30 p.m.
Saturday's games
Saskatchewan at Hamilton, 4 p.m.
B.C. at Edmonton, 7 p.m.

SCORING LEADERS

	TD	C	FG	S	Pts
Palardy, Wpg	0	3	6	2	23
Duval, Edm	0	8	4	2	22
McCallum, BC	0	4	6	0	22
Whyte, Mtl	0	8	4	1	21
Prefontaine, Tor	0	3	6	0	21
E.Johnson, Sask	0	6	3	2	17
Medlock, Ham	0	2	4	0	14
Barnes, Edm	2	0	0	0	12
Bratton, Mtl	2	0	0	0	12
Brown, BC	2	0	0	0	12
Cates, Sask	2	0	0	0	12
Cornish, Cal	2	0	0	0	12
Green, Mtl	2	0	0	0	12
Messam, Edm	2	0	0	0	12
Richardson, Mtl	2	0	0	0	12
Foster, BC	2	0	0	0	12
Paredes, Cal	0	4	2	0	10

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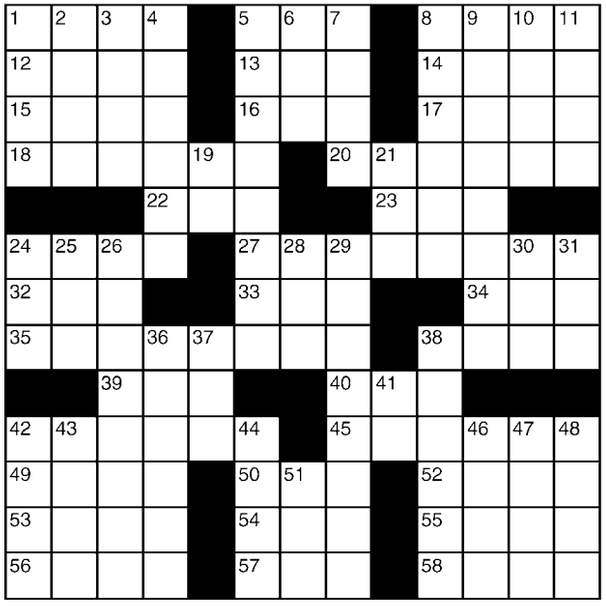
Crossword



Across

1 Summertime pest
5 Leap
8 Mountain goat
12 Opulent
13 Forest bird
14 Thailand, once
15 From the beginning
16 Born
17 Taj Mahal city
18 Curie or Pompadour
20 Straightens
22 Trigger's rider
23 Scull tool
24 Unpaid bill
27 Important person
32 — Baba
33 Popular card game
34 Greek vowel
35 Pre-WWII musicmakers
38 Kentucky fort
39 Dadaist artist
40 Baltimore newspaper
42 Go
45 Chalkboard accessory
49 Pumps up the volume
50 Every last bit
52 November responsibility
53 Wire measures
54 Mainlander's memento
55 Verve
56 Quarry
57 A billion years
58 Auctioneer's call

Down

1 Metric unit
2 1492 vessel
3 Served perfectly
4 Frustrate
5 "South Pacific" song
6 Have 24-Across
7 Entreaty
8 Book before Jeremiah
9 Dartmouth team
10 Deserve
11 Opening day?
19 37-Down, for ex.
21 Depressed
24 Slight touch
25 Inventor Wallach
26 New York City
28 Third-party abbr.
29 Kate of reality TV
30 Ike's old command
31 Remiss
36 Shamelessly bold
37 Spring seg.
38 Jacks
41 Ancient Sumerian city
42 Moist
43 Mideast noble
44 Story
46 Unaccompanied
47 List-ending abbr.
48 Tear asunder
51 Zodiac sign

▶ Yesterday's answer

L	A	M	B	■	P	J	S	■	A	D	O	S
I	S	A	Y	■	I	O	U	■	T	A	M	E
D	A	M	P	E	N	E	D	■	E	M	I	T
S	P	E	A	R	■	■	S	Q	U	A	T	S
■	■	■	S	E	A	M	■	U	P	S	■	■
B	I	D	S	■	G	O	B	I	■	C	E	L
E	R	A	■	L	A	P	A	Z	■	U	K	E
G	E	M	■	A	R	E	S	■	A	S	E	A
■	■	A	I	M	■	D	E	E	P	■	■	■
R	E	G	G	A	E	■	■	G	A	F	F	E
E	V	I	L	■	D	A	M	O	C	L	E	S
D	I	N	O	■	G	N	U	■	H	E	L	P
S	E	G	O	■	E	N	D	■	E	E	L	Y

Sudoku

	9			6			2	
			4		7		8	
				8			7	6
3					6	9	5	
	8		7		3		4	
	2	5	1					8
7	4			3				
	6		5		8			
	3			9			1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	8	9	2	7	4	5	3	6
7	4	2	5	3	6	1	9	8
6	3	5	9	1	8	7	4	2
9	2	1	8	6	7	4	5	3
8	7	4	3	2	5	9	6	1
3	5	6	1	4	9	2	8	7
4	9	7	6	8	2	3	1	5
2	6	3	4	5	1	8	7	9
5	1	8	7	9	3	6	2	4

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courtney martin when i first saw you u was so beautiful and then got to know you i believe i found my soul mate with in you for me true love as never been so clear im glad i have you and that heaven is mising an angel because i have you if i ever lost you you are my other half my everything i ever lost you i would lose half of my self i wouldnt be hole with out you <3 **NEMO**

You, sorry..i know it's tough time for you now. please take care of yourself4 me. Stay strong. Just so you know i am here for you if you need any help. have a lovely day my lov. **ME**

Wizrd of Oz Love Good night and sleep tight.Can u not feel yr princess? where is the trust hon? i only want to c u sleeping now... **ME**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 The approaching full moon will make you emotional over the next 48 hours. Think before you speak.

♉ Taurus April 21-May 21 Do you persevere with a project that's in a rut or do you start again from scratch? Taurus doesn't give up.

♊ Gemini May 22-June 21 You need to be tough with people who waste your time on trivialities.

♋ Cancer June 22-July 22 The approaching full moon will give people the idea that they can boss you around. Don't let it happen!

♌ Leo July 23-Aug.23 Try not to give other people the impression that you agree with them when you really don't.

♍ Virgo Aug. 24- Sept. 22 This could be a tense and emotional time, so try to keep your more excitable tendencies under control.

♎ Libra Sept. 23-Oct. 23 Affairs of the heart must be handled with kid gloves today, and tomorrow.

♏ Scorpio Oct. 24-Nov. 22 You won't be able to stay in one place today: You've got to get out and about and see, and be seen.

♐ Sagittarius Nov. 23-Dec. 21 The approaching full moon cuts across the money axis of your chart and your cash flow situation.

♑ Capricorn Dec. 22-Jan. 20 If you have doubts about a relationship, give it some thought but don't make any decisions quite yet.

♒ Aquarius Jan. 21-Feb. 18 If you want a break, you must take it. Don't feel guilty: You've done more than your share.

♓ Pisces Feb. 19-March 20. The Sun in Cancer means you're at your most dynamic. **SALLY BROMPTON**

Caption contest

TIM HALES/ THE ASSOCIATED PRESS

EUGENE HOSHIKO/ THE ASSOCIATED PRESS

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You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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† To get $300 worth of gift cards/certificates, you will need a total of 36,000 RBC Rewards® points. You will receive 15,000 RBC Rewards points when you open an RBC VIP Banking® account by August 31, 2011 and fulfill all the other qualifying criteria as indicated in the full terms and conditions available at www.rbc.com/termsandconditions by September 30, 2011. You will receive an additional 5,000 RBC Rewards points if you use our CustomSwitch® service to close your Canadian dollar personal banking account with another Canadian financial institution by August 31, 2011 and transfer the balance of such account to your new RBC VIP Banking account by September 30, 2011. You will receive 2,500 points when you open an RBC High Interest® eSavings account by August 31, 2011. Plus, if you apply for an RBC Visa Infinite† Avion® card by August 31, 2011 and get approved, you will receive an additional 15,000 welcome bonus RBC Rewards points. Upon enrolment, 15,000 bonus RBC Rewards points will appear on your first credit card statement. Existing RBC Visa Infinite Avion, RBC Visa Platinum Avion, British Airways† Visa Platinum, Cathay Pacific† Visa Platinum, Visa Platinum Preferred and Visa Gold Preferred cardholders, transferring to an RBC Visa Infinite Avion card as of the offer eligibility period, are not eligible for this offer. This offer may not be combined or used in conjunction with any other offer. Minimum redemption of 3,000 RBC Rewards points for most $25 gift cards/certificates. Some exceptions apply. Point redemption values may fluctuate. For general redemption terms, conditions and restrictions that apply to the RBC Rewards program, as well as for current point redemption values, please visit www.rbcrewards.com or call 1-800-769-2512. [1] The amount of the annual fee rebate depends on which banking package and credit card you hold. As a sole or joint owner of an RBC Signature No Limit Banking account, you will receive a $35 rebate towards the annual fee of one eligible credit card, every year, as long as you remain an RBC Signature No Limit Banking account owner. Effective June 1, 2011, a $39 rebate will also apply to the Signature® RBC Rewards Visa card and WestJet RBC MasterCard†. Additional cardholders (co-applicants) do not qualify for the annual fee rebate, even if they are joint owners of an RBC Signature No Limit Banking account. Other conditions and restrictions apply. As a sole or joint owner of an RBC VIP Banking account, you will benefit from an annual fee rebate on one eligible premium credit card, every year, as long as you remain an RBC VIP Banking account owner. One co-applicants annual fee is also rebated, every year, as long as you remain an RBC VIP Banking account owner. [2] The number of non-RBC ATM transactions refunded per month is unlimited for VIP Banking only. For other accounts, the number of free non-RBC ATM transactions depends on which account you hold. ATM operator surcharge (also called convenience fee) charged by other ATM operators may apply. [3] Fees may apply in other bank accounts to and from which you transfer funds.

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